

Sun Shines on Canada Day



At 10 minutes to 5 there were only half-a-dozen children milling about the mound. Suddenly, at 5 o'clock over 60 Teddy Bears of all sizes and ages, materialised from

nowhere, clutched by proud owners, about as many boys as girls. No wonder these all look sad; by the time they arrived the party was almost over.



"We've got it right, it's all the others who are wrong" said "always-wanted-to-paddle-my-own-canoe" Chairman Carol Roach. "You paddle back-to-back, with the handle end."



"It's LEFT, first, LEFT." But there's always one who doesn't

know left from right, and brings the team down before it starts.

Recipe for Sunshine — Plan for Rain

That's the conclusion of this year's July 1st Committee. And it worked. All it takes (apart from planning and a lot of hard work) to make spirits soar and our Family Day a success is **SUNSHINE**. And that we had aplenty.

The games were fun and the entertainment grand. There were cries of protest when the Imagination Craft Tables were folded up after two hours and Mary Love May's Storytelling had the adults as spellbound as the children.

One observer remarked how ideally our Community Centre serves us on our community

day. Events "seguayed" (Adult Entertainment Co-ordinator **Graham Bleasdale's** favourite word) one into another all day, from Isadora's covered area, the waterpark, to the wide open space of Sutcliffe Park and the dock.

The Adventure Playground proves to be a wonderfully versatile space for such a day, able to house the food concessions, beer garden, table tennis, face-painting and the night's dance.

TRIUMPH AT LAST

Runner-up in the last two Gourmet Triathalons, **Mike**

Smolnecki was determined to win this year. He drove his family to a barbecue elsewhere and raced back to eat his way through a banana cream pie, a grand marnier cake and a black forest cake. His **SURPRIZE** was a pie in the face.

It's willingness and versatility that make occasions like July 1st a success. **Bob Warden** was spontaneously recruited to help build the stage, then ended up **ON** it, playing guitar as a member of **THE CREEK-TONES** at the night dance.

cont'd. p.3



You want a pub with character? We've got one. To think designers spend a fortune creating The Industrial Look and we get it just

by putting the Beer Garden at the back end of the Adventure Playground.

Creek Softball Wraps Up



A short but gruelling season, the highly successful False Creek Softball League wound up at the end of June with best-of-three playoffs that saw the nine and ten year old mixed teams battling it out on the home diamond just about every night of the week.

Remarkable, too, was the fervour in the stands. The unbridled energy among the parents and supporters in the bleachers was a wonder to behold, leading more than one entrepreneur to scheme ways of charging admission to such brilliant entertainment.

Well, if not brilliant, many commented on the enormously improved level of play compared to the beginning of the season. And the essential thing (sportsmanship, of course) was evidenced by the tremendous spirit shown by the kids at every turnout.

As for the results: **Tom Koplak & Damien Lebrocque's BLACK JACKS** won the finals from **Geoff Skjelbred &**

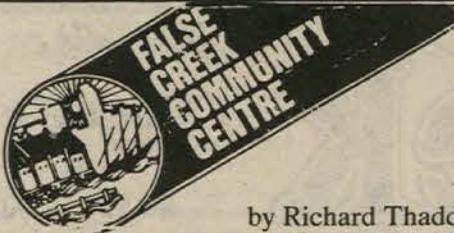
Pauline Kowbell's LEG-IN-BOOT MERCHANTS, leaving **Bullus Hutton & Peter Cardew's SOLID GOLD** and **Reg Barry's VANCITY FAT CATS** as plucky also-rans.

Pauline's end-of-season barbecue at the waterpark was a magnificent affair, with speeches, trophies, photos and happy memories of summer for the assembled athletes.

Once again, thanks to **Commissioner Don Ruttan**, to the parents and friends, umpires and helpers **Mike Kowbell** and **Hugh Foulds** and, not least, to our local business friends: major sponsors **VANCITY (10th/Oak)**, **STAMPS NEIGHBOURHOOD PUB** and generous supporters **FALSE CREEK REALTY**, **BAYSHORE FLOWERS**, **GEORGE'S PIZZA** and **VIDEO STOP**.

You think this was a good one? Just wait till you see next year's League.

Bullus Hutton



by Richard Thaddeus

1318 Cartwright Street
(Granville Island)
Vancouver, B.C. V6H 3R8
688-9478

Coming Up

JULY 18 BACK CARE WORKSHOP

JULY 18 OUTDOOR FOLK DANCE

We are still registering for a variety of children's programmes, which are run by the week throughout the summer.

DAY CAMPS for 6-10 year olds

ART CAMPS for age groups 3-4, 4-6, 6-9

SENIOR EXPLORERS for 9-12 year olds
July 20-24; Aug. 10-14

PEE WEE/MINI JUNIOR TENNIS Beginners and Stage II
for 5-8 year-olds

ENTER THE DRAGON

They are called the False Creek RACING Canoe Club for good reason. In '86 they won the local Dragon Boat event and went on to come second in the finals in Hong Kong.

This year, because the Hong Kong Finals were held before our local races, organisers chose to send the **Vancouver Firefighters** to represent Vancouver. They did not make it

to the finals.

In our Dragon Boat Races, held during the Asia Pacific Festival, the False Creek Men came in 1st and the Ladies came a splendid 3rd. Watch for the False Creek team to take it all in Hong Kong in '88.

AN HONOURABLE MENTION to **Doug Atkinson** and partner **Barb Hanlon** for their first place in the Whistler Classic Canoe Race, Recreation Division.

AND NOW A WORD TO OUR SPONSOR

I have great sympathy for the local businessman faced with a constant stream of calls for sponsorship. So a **SPECIAL THANKS** to **RODGERS MARKET** for their willing and generous support of recent community events, including the Canada Day food concession, Dragon Boat victory party and the Kids' Softball wind-up party.

WHAT, NO GOLD WATCH!

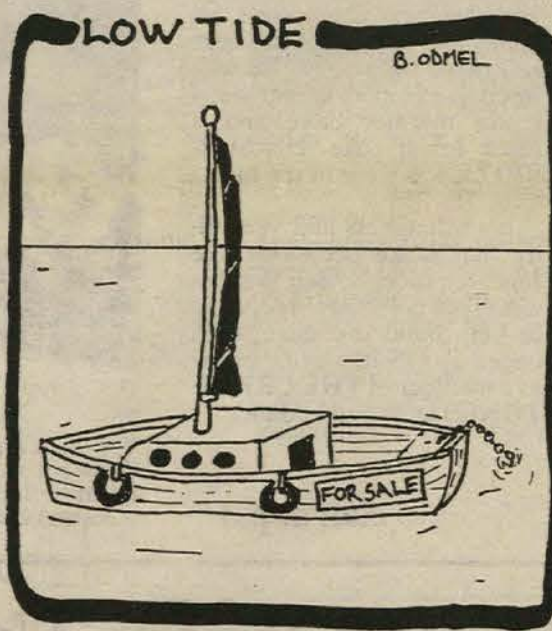
Barb Empey came to the After-School straight from High School and stayed for seven years. American Airlines hired her, considering her experience perfect for a ticket agent, though I'd have thought it more appropriate for a stewardess in Business Class.

After four years, **Peggy Heddle**, our Pre-School Supervisor is looking for a change.

Both Barb and Peggy gave a lot to their jobs. We wish them both well.



NEXT TIME ONE DRUM EH!
AND A FEW MORE GUYS TO ROW.



IT WAS OWNED BY A SINGLE GUY
WHO ONLY USED IT ON SUNDAYS
TO IMPRESS GIRLS.

Seniors' Scene

by Marge LeGresley

So many happy occasions to report on; it is difficult to know where to begin. So, in date order, here are all the good times we have shared since my last column in May.

The Spring Banquet at Marie's Cafeteria was a great celebration; plenty to eat and drink, door prizes for all and a rollicking sing-a-long led by **Thelma Campbell** at the piano.

The winning team received the **Carpet Bowling Challenge Cup** and it was also the occasion to honour four of our founding members: **Ethel Brown, Flo Foreman, Annie Hassell and Marge LeGresley**. We were all surprised to receive a lovely corsage. I believe **Vi Lewers** should have been included in this ceremony; however she was acknowledged later at the June meeting.

There have been two of **Lyall's Mystery Bus Trips**—one to Horseshoe Bay and British Properties, another to Peace Arch Park and White Rock. I understand the proposed trip to Bowen Island had to be cancelled as no mini-bus was available.

We hope **Lyall** will soon acquire a bus of his own as he makes these day trips so

interesting. The boat trip up Indian Arm was again very well arranged and greatly enjoyed.

The highlight of the season was, of course, the wonderful day we spent at Jean's lovely home in Richmond. We were waited on royally by Jean and her helpful neighbours who served a delicious B.B.Q. meal, followed by strawberry shortcake. Many guests took advantage of the pool while most of us just relaxed and enjoyed the beautiful flower garden. The door prize draw brought the party to a close.

Thank you so much Jean for a most happy day. Your expert catering made it just perfect.

The Seniors' participation in the July 1st celebrations was the **BINGO** game which lasted from 12 noon to 3.30 p.m. It was an outstanding success thanks to the hard-working organisers and helpers (too numerous to mention by name).

Some of us are already back from our vacations; others are preparing for theirs. Good luck to you all and make the most of this wonderful summer in Beautiful B.C.

A few dates to note before our next meeting on **Sept. 2**.

AUG. 19

A day at **LYNDEN STATE FAIR** by Maverick Bus Lines. \$28.50 inclusive.

Although the 20 seats we reserved are taken you may still join the group by phoning Maverick directly.

SEPT. 2-3

SENIORS' FESTIVAL at the P.N.E. Remember passes will be available at our Sept. 2 meeting.

Dear Friends:

Just a short note of thanks to all of you who have sent cards, flowers and especially offers of help to Bob and me in our present unhappy situation. Just the fact that so many people took the time to let us know they cared gave us the courage to fight on.

So far Bob is pretty much the same and, of course, with me it will take some time, but with all the new treatments and medications I'll survive, God willing.

So again, thank you.

A special thanks to everyone at Alder Bay Co-op for the kind offers of help and the lovely flowers.

Peggy Gordon

1318 Birch Walk



Community Centre Expansion Survey

The False Creek Recreation Association, the volunteer organisation that provides community-based direction to the Community Centre, says volunteers will be knocking on doors throughout the Creek and Fairview Slopes later in July with a survey questionnaire about the Community Centre Expansion project.

"We want to gather information from area residents to find out the type of uses the expanded building should have," says **Arlene Morgan**, Chairman of the Facilities Committee. "There are dozens of options for recreation and we need to get down in black and white what people want to see at the Centre."

The Association has hired **Danny Wong** of Arete Projects

Limited, a professional surveying firm, to design the questionnaire and prepare the computerised analysis. Creek area residents have volunteered to distribute roughly 700 questionnaires and collect them afterwards. In some cases they will conduct in-home interviews.

"This survey is important because it will be the best chance for people to have an influence over the direction the expansion takes and the types of programmes we'll be offering at the Centre for at least several years after it's built. To an extent, the answers will also influence the design of the expansion. The better the return, the more accurate the survey will be" she added.

The expansion, which will

include reconstruction of the old building at the north end of the Adventure Playground, beside the Community Centre, will be built using \$500,000 of the Parks Board Capital Plan approved by voters last November, and by additional grants now being negotiated with the Federal and Provincial Governments.

MORE SURVEYORS NEEDED

The Association is still looking for volunteers to ease the workload of those who have already agreed to conduct the survey; those interested should contact **Arlene Morgan** at 731-1573, **Karen Shuster** at 732-9565 or **Carol Sogawa** at the Community Centre 688-9478.



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CANADA DAY From page 1

The PACIFIC ROAD-RUNNERS club did a great job running the Beer Garden and are using the profits to send an autistic child to summer camp.

The day wouldn't happen at all without a lot of help. We thank the many generous sponsors:

Stamp's Landing Pub, Monk McQueen's Restaurant, False Creek Realty, Dorill's Market and Dean's Food Store for financing the CHILDREN'S ENTERTAINMENT.

Gizella's, Pie a la Mode and Stuart's Bakery for the GOURMET TRIATHALON gooeey cakes.

Rodger's Food Market for the extraordinarily generous discount on FOOD CONCESSION SUPPLIES.

Bank of Montreal, Haidaway, Purdy's Chocolates and Daffodil Designs for BINGO PRIZES.

Household Trust for supplying Teddy Bears for the TEDDY BEAR'S PICNIC.

Windsor Plywood who supplied the wood for the stages at cost; The Painted Pony for face painting and craft supplies; Zippy Print for a discount on printing; Carter Honda for the All Terrain vehicle. AS FOR THE VOLUNTEERS, at the inevitable risk of leaving some out, we thank Thelma Campbell, Bob & Frances Kohn, Phyllis Norris, Linda Medak, Susan Sloan, Ruth Shore, Adonna Rudolph, Heather Warden, Regina Abramovic, Rebecca Roach, Sarah Foley, Rick Taylor, Robert Alexander, the friends many of them brought along to help, Pat Couling for loaning his B.B.Q., Tom Barr for his electrical talents, the many Seniors who made the Bingo such a success, the Community Centre staff, especially Brad Wood and Doug Atkinson.

The July 1st Committee also thanks the False Creek Com-

munity Association, the Office of the Secretary of State and Granville Island Trust-C.M.H.C. for their generous support.

The Organising Committee deserve another bouquet. On behalf of all the Creekers who enjoyed a great day The Creek thanks Carol Roach, Nancy McWhinney, Sheila Foley, Linda Abrey, Clinton Hussy, Graham Bleasdale, Suzanne Strutt, Oksana Mazur, Richard Thaddeus, Mary White and Linda Bundrant.



Oksana Mazur, clutching her beloved walkie-talkie. "Do we really NEED them? Maybe not, but the only reason I've organised the games for three years is because I get to use one for a day."



The sturdiest of July 1st Committee organisers burn out eventually, but Blue Thaddeus will



Nancy McWhinney dashed from the kitchen to a bingo table "For one quick game; I want the Purdy's Chocolate yard-long." On her feet in a flash with one winning line, it took a while for the M.C. to be heard announcing, over Nancy's squeals and the general pandemonium, "TWO LINES NEEDED." Begorra if McWhinney wasn't on her feet in another flash "Two lines-NOW can I have my chocolate?"

NEVER be allowed to quit her Teddy Bear's Picnic.

The Editor:

Congratulations to the July 1st False Creek Canada Day Committee for doing such a fine job.

It was a pleasure to walk over and see the kids riding around with their bicycles all decorated with balloons and

watching them sing along with the entertainer.

I know how hard the committee has to work to organise the July 1st Celebrations and all the pressure put on them in the weeks before. I even found myself waking up the night before to check the movement of the clouds for rain. But I

found when you do things for other people and not yourself, the good Lord always produces sunshine.

Thank you for making the ninth July 1st Celebrations a success.

JERRY POOLE

This Month's Creek Carrier Treat

From

GREAT SEAFOOD... YOU AND, AH! THE VIEW FROM PIER 32

KITSILANO SHOWBOAT

"Don't Miss The Boat" SEASON'S PASS

Missing all the free entertainment across the Creek this summer? Remember you can stroll round the seawall to the Showboat every fine Mon. Wed. & Fri. at 7.30 p.m.

A note from the Boat mentions two special events. **The Willingdon Church Group**, July 25, 3.30 p.m. and a **Solid Brass Jazz Band**, Aug.2 at 7 p.m.

Vancouver International Comedy Festival Yippee! SAK is Back

The people who brought us the fabulous Street Entertainment at EXPO knew we would be suffering acute withdrawal symptoms this summer, so they are bringing us THE COMEDY FESTIVAL. Ten days of non-stop hilarity, noon 'til night, JULY 31-AUG. 9. If we enjoy it enough they'll do it every year.

Because there are hundreds who kicked themselves for missing the remarkable AL SIMMONS at the Canada Pavilion, the festival organisers are bringing him back Aug. 3,4,5.

The Festival is a high-quality, low-budget production, but as the organisers know Creek People are accustomed to being spoiled, they rushed over to the Creek Office to stuff the programmes themselves.

*To compensate those who will miss the outdoor concerts at the Round Point-Granville Island Management decided to the concerts around the market stage this year.

Remember the SAK THEATRE company who brought many a budding Bernhardt out of the closet under Highway 86 last year? They'll be at the Round Point* (the programme calls it the East End Berm) four times a day every day, and at Isadora's at 10 p.m. on the first three nights.

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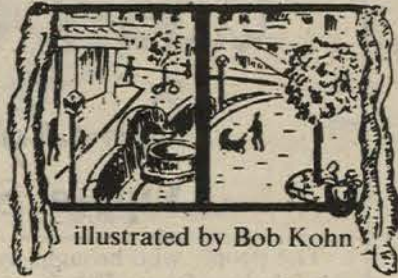
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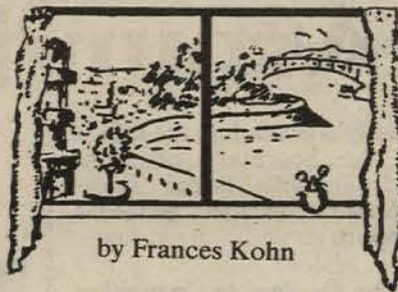
so nip over and see the folks **or bring 'em over for a nice treat**

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Window on the Square



YET ANOTHER FESTIVAL

Music, dance, song, martial arts and the now familiar Dragon Boat races recently brought life back to the north shore of the Creek.

The **Asia Pacific Festival** presented a fascinating kaleidoscope of performances by groups from the Soviet Union down to New Zealand and, closer to home, from Canada and the U.S.A.

A mixing of the cultures was demonstrated in the "Chukotka Dawn" programme. Northern peoples from Canada, Greenland and those living in the Chukotka region of the Soviet Union (the far northeastern corner of the Asian continent, bordering the Bering Strait) joined in traditional and modern Inuit songs and dances. Another mingling of cultures was the combined performance by the Musqueam Indians and the Maoris from New Zealand.

Korean dancers, picturesque in clouds of pastel chiffon, seemed to float in ever changing patterns in their traditional fan dance.

BEIJING OPERA

The Children's Beijing Opera was a most popular event. A first-time visit to North America brought the brightest and freshest talent of these 11 to 15 year-olds from the world-renowned China Opera College.

Unlike our western opera, the predominant action involves spectacular acrobatic

feats, in addition to acting and sometimes singing. In a particularly stunning act the heroine climbs onto a high platform, walks to the edge, turns, and facing backwards proceeds to do a slow backbend, reaching back and down into mid-air. Finally, she drops to the floor, landing gracefully on her hands as the audience gasps in disbelief.



LOCAL CHAMPIONS

An all-male Punjabi group from Richmond also attracted the admiration of the audience by their extraordinary acrobatic skills.

I must tell you, though, about two brilliant martial arts performers from still closer to

home — **Bill Chung and Alice Chang**. You'll find these versatile young people any day, assisting Bill's parents in Dorill's Food Market here on Leg-in-Boot Square.

Bill and Alice, veteran tournament competitors, each performed solo in Wu-Shu, one of the Chinese martial arts techniques. With twirls, flips and leaps, each gave a superb performance in dexterity and precision. Alice's "weapon" was a single, double-edged straight sword, whereas Bill wielded two tempered steel double broad swords. A few slight cuts Bill had received verified the sharpness of those instruments.

DRIVE AND DETERMINATION

Alice has studied Wu-Shu for 11 years, having started in Canton at age 11. At that time she travelled around China as a member of a martial arts team.

Bill has studied Wu-Shu for seven years and recently took time out from his course at U.B.C. to concentrate on his art and work in the store. How has Bill managed to achieve his remarkable skill? He says "You need drive and determination; you have to keep working at it."

And that's what both do, six nights a week. Bill and Alice are instructors at the South Slopes Y.M.C.A. From 7-8 p.m. Alice teaches youngsters aged 4-12 years. From 8-10 p.m. both participate, monitor and teach in the senior Wu-Shu class.

Winners of competitions in Beijing, Toronto, Atlanta and

St. Louis, they compete next, at the end of July, in the 24th International Long Beach Karate Tournament. Good luck to both of them.

FOLLOW THE SEAWALL

Did you know you can now follow the seawall all the way to Vanier Park? On a recent hot Sunday afternoon it took us less than an hour from the Square.

The land between Granville and Burrard Bridges is rapidly being built up. The Lagoons condominium development now boasts a real lagoon for passersby to dangle their feet in on a hot day.

When passing the fishing boats, watch for the "Fresh Fish for Sale" sign. Once past the last pier, you can now enjoy a paved path instead of scrambling up a steep bank to get under Burrard Bridge. On then to Vanier Park where all sorts of interesting things go on. If it's not some festival it's people flying all manner of strange kites, such as a "hyperkite" with 15 mini kites strung together.

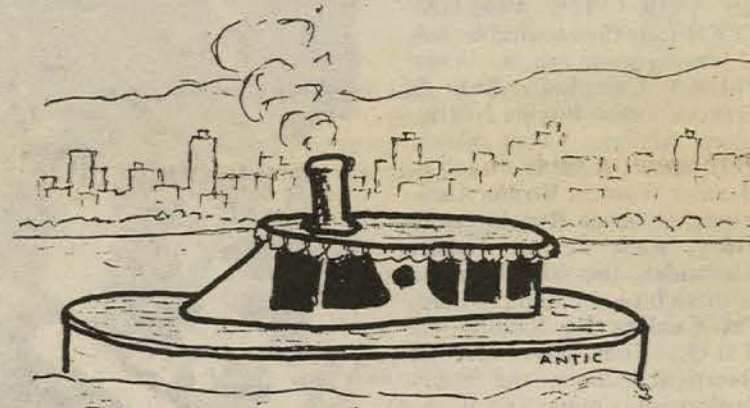
HERITAGE HARBOUR

Besides the Vancouver Museum, the Observatory, the Archives and the Music Conservatory, there is now the Heritage Harbour, filling up with gifts from EXPO and local historical vessels.

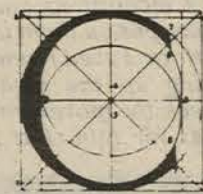
One of the more unusual vessels is the s.s. Antic. This steam launch was designed and built in 1962 by Henry Hoffar of Vancouver, but it was inspired by an earlier model dating back to 1896, when it was used as a ferry in Burrard Inlet.

Among the EXPO contributions to the city are: a colourful Chinese Fu-Junk, traditionally decorated with flower designs; a huge Pakistani Dhow (dhows are thought to be the oldest type of boat and may have provided the model for Noah's ark); a sleek black gondola from Venice and a large white sailing vessel, the Indonesian Phinisi Antar Bangsa.

Refreshments at the Museum restaurant will provide the energy for your return jaunt.



THE FALSE CREEK COMMUNITY ASSOCIATION will *not* meet in August. Next meeting: Wed. Sept. 2.



CARTWRIGHT GALLERY

Of Contemporary & Historical Craft

by Norma Larson

The current exhibition at the gallery is **KAREN CHAPNICK: BRAIDED PAINTINGS**

Chapnick, a local fibre artist of international acclaim, is well known for her large, colourful pieces using dyed sisal in an interlocking braided structure. Her new works, created in the last two years, represent a major change in direction.

Painting on fabric, which she then cuts into strips and braids, the resulting works go beyond the dimensions of paintings, incorporating subtle interplays of colour and pattern. By combining painting with her braided structure, she is able

to explore not only pattern and colour, but pattern within pattern. One is almost reminded of the regular patterning in a computer generated design, but with a warmth and depth that could never be achieved on a two dimensional surface. The subtle variance of the braiding makes the colours come alive, creating ebbs and flows of movement within the pieces.

With these works, Chapnick definitely succeeds in leaving her personal mark. Rich in her tradition of colour and control, they step beyond the realms of her earlier sisal works, emerging as sophisticated paintings.

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Around the Island

Island Celebration Two

We hope **Bill Millerd** realises **twice is always** because he's done it now. Two years of the **ARTS CLUB THEATRE** and **MULVANEY'S** hosting **ISLAND CELEBRATION** makes it a Granville Island Annual.

For those who work on the Island it's a chance to socialise together and they have such a good time they'll never let the Arts Club and Mulvaney's quit. This year the show was "THE MELVILLE BOYS".

Any party needs a lot of organisation and the credit for this goes to **David Harrison, Laura Anderson, Heather Pawsey, Ann Urbani, Bob Carey, Elaine Whitby and Pam Dermody.**

Granville Island is a community of its own and almost every business on it contributes to this event.

Before the show **Mulvaney's** brings in enormous trays of hors d'oeuvres and salads; **La Baquette** provide baquettes, of course, and **Granville Island Brewery** sends a keg of beer. Intermission coffee and tea is compliments of **The Coffee Roaster, The Daily Grind** and **The Blue Parrot** with milk and cream from **The Milkman.**

DESSERTS were an array of sinful temptations from **Brussels Chocolates, Olde World Fudge, Lazy Gourmet, A La Mode, Nut House, Lee's Donuts, Stuart's Bakery, Dussa's Ham & Cheese.**

Granville Island Office paid for **THE BELLAIRS** to play after the show; **Stick Around** and **Kaboodles** provided balloons for a festive touch, and on top of all that there were **PRIZES**

For the Early Bird draw **Granville Island Graphics** gave a framed print of Granville Island and a \$60 gift certificate. Other Island merchants give so many prizes (over \$1400 in value) they are combined into packages:

SUNSET CRUISE PACKAGE

Granville Island Ferries

Sunset dinner cruise for 6

CRUISING '87 PACKAGE

Blue Orca Sailing School & Yacht Charters
Adrian Ross Designs
Okanagan Wine Shop
Ship & Shore Water Works
Dragon Space

Gift cert.
Straw hat
Picnic wine gift box
Summer beach bag
T-shirt

ARTS PACKAGE

Beadworks
Fiber Arts Studio
Cartwright Gallery
Kakali

Beginners & advanced courses
Gift cert.
Family membership
Handmade paper collage

PHOTOGENIC PACKAGE

Gemini Photo
Opus Framing
The Market Grill

Colour portrait sitting & 8 x 10
Gift cert.
Lunch for two

PACIFIC RIM PACKAGE

Maiwa Handprints
Winter Lily Press
Jonathan's Restaurant

Kimono
Broadsheet & engraved poem
Gift cert.

AFTER DINNER PACKAGE

The Sempra Group
Blackberry Books
Occasions to Remember
The Lazy Gourmet

Selection of Gevalia Kafe
Gift cert.
Crystal brandy snifters
Cheesecake for 6

HOME ESSENTIALS PACKAGE

Kingsmill Pottery
Creekhouse General Store
Rhinoceros
El Greco
Kelso Prints

Two Vanderzalm mugs
Framed print
Bathroom plunger & brush
Handpainted glass jewel box
Framed Kitts Kats

INDULGE YOURSELVES PACKAGE

New-Small Sterling Studio Glass
Bridges Restaurant

Gift cert.
Sunday brunch

MOTHER HUBBARD PACKAGE

Market Kitchen
Embassy Marine
Luc Bergeron

Gift cert.
Side of smoked salmon
Two-litre jug of maple syrup

FOR KIDS ONLY PACKAGE

Isadora's Restaurant
Kids Only Market
Carousel Theatre

Gift cert.
Windsock kite
Gift cert.

ISLAND PACKAGE

Boardwalk Cafe
Creekhouse Gallery

Gift cert.
Gift cert.

NIGHT ON THE ISLAND PACKAGE

Keg Restaurant
Arts Club Theatre

Gift cert.
Gift cert.

HIS AND HERS ROMANCE PACKAGE

Grace Gallery
Paper Ya
Pelican Bay Restaurant

Sterling silver frog ring
Wallet
Gift cert.



Apologies

To the Granville Island Management for the embarrassment caused by Christopher Maika's article in the June issue. Using the heading "From the Information Centre" implied he worked there and Management knew beforehand about the article.

chastised for a poor brand of humour, but the coals of fire would have been properly heaped on the Editor's head, not on the heads of our good friends in the Management office.



NOT TRUE on both counts.

Had we entitled it Out and About we might have been

An Island Observer column has great potential. We'll try again-and mind our p's and q's more carefully next time.



Market Fresh

by Judie Glick

There's nothing like leaving town for a week to make me appreciate the clean air and water, and the everyday beauty of Vancouver. For me the best part of going anywhere is returning home and coming to the Market. I'm always impressed anew by the variety and freshness of healthy food on Granville Island.

Raspberries are in their prime right now; the dry June has produced a bumper crop. My own backyard berries are the best I've had in years. Black raspberries are especially mild, with a slight tartness. I haven't seen them being sold yet, but if you do, try them for a different flavour, despite the extra seeds. My own crop is going on top of the fruit salad at the Juice Bar.

Here are some interesting dry herb blends for flavouring grilled foods. Purchased dry herbs are the base; just grind them in a blender to make seasonings for meat, poultry or fish and vegetables.

To use herb blends for smoke: soak 3 tBsp. barbecue herbs (choices follow) in warm water to cover for 15 mins. Drain in fine strainer. Scatter wet herbs on coals as you cook foods in a covered barbecue.

To use herbs as seasonings: lightly sprinkle foods with the dry herbs before barbecuing.

Barbecue Herbs for Meat
Whirl in a blender until coarsely ground 1½ tBsp. each dry basil and dry oregano leaves, and ¼ cup each dry bay leaves, juniper berries, dry rosemary, dry savory leaves. Use as directed, preceding, on beef, lamb or pork, or store airtight as long as 4 months. Makes ¾ cup.

Barbecue Herbs for Poultry
Whirl in a blender until coarsely ground 4 tsp. each cracked pepper & savory leaves, and ¼ cup each dry basil, rubbed sage, dry thyme leaves & dry lavender (optional). Use as directed, preceding, or store airtight up to 4 months. Makes ¾ cup.

Barbecue Herbs for Fish or Vegetables
Whirl in a blender until coarsely ground, 1 tBsp. fennel seed, 2 tBsp. each grated fresh lemon peel & dry tarragon, and 2/3 cup pickling spice. Use as directed, preceding, or store airtight up to 1 month. Makes ¾ cup.

BackStage

at the



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CREEK PETS

Signs of Health Problems

by Rhonda M. Shewfelt, D.V.M.

Those of us who have chosen to have pets share our homes realise how important they are to our daily existence. They are our friends; indeed they become part of our families. We take care they have a sensible, well-balanced diet; their home is clean and pleasant; their regular grooming is not neglected.

Even with thorough, annual physical examinations and regular vaccinations, it is impossible to prevent all potential health problems. Therefore, a sound health care programme should include regular examinations and observations by us, as pet owners, for deviations from normal that could be the first signs of disease.

An observant owner is one of the best assets a veterinarian has in detection of illness.

Changes in behaviour patterns or bodily functions usually accompany ill health. Because each pet is an individual with its own behaviour patterns and habits, the owner is in the ideal position to detect any sustained deviations from normal.

Symptoms of illness vary with the patient and the disease but there are some generalised signs which, if persistent, warrant a complete veterinarian examination.

Appetite may diminish or completely disappear. Listlessness, unusual sitting or lying postures, a dull look to the eyes and coat, are signs of illness. The ill pet is likely to resent handling, prefer being left alone in a secluded spot, and refuse to be tempted into its routine play behaviour.

1. EXAMINATION OF THE EXTERNAL BODY

The following checklist may help in finding more specific signs of illness.



Head: Feel the bones and muscles of the head carefully, checking for lumps, swellings, pain or skin irritation.

Check the eyes for colour, size (of lid opening and pupils), prominence of the 3rd eyelid (a membranous structure at the inner corner of the eye), abnormal discharges, or any evidence of pain.

Look into the ears, checking for debris accumulation, redness and pain; notice if an unusual, offensive odour is present.

Check the nose for abnormal discharges.

Examine the teeth and mouth. This may take practice, since many pets will be ap-

prehensive when you first attempt to look into their mouths. Persevere and you will eventually be able to examine the mouth for inflammation of the gums, teeth, discoloration or growths within the mouth. You will also learn to recognize the normal pink colour of most animals' gums and know when this becomes pale or discoloured, indicating trouble.

Skin: Go through the entire haircoat checking right down to the skin. Look for bald patches, lumps, wounds, dandruff, areas of itchiness or discomfort. This is also a good time to check for fleas, or their dirt, and other unwanted parasites. Check right down to the feet, including the toenails, for signs of trouble.

2. LOCOMOTION

Watch your pet move. Is there any lameness or has the gait changed? Examine the limbs for pain, swelling or indication of stiff joints.

3. EATING HABITS

Changes in appetite can signify illness. Many pets will normally eat different amounts on different days, but a persistent change in eating habits should cause concern. The change usually means loss of or decrease in appetite, but some medical problems result in a ravenous appetite totally out of character for the individual animal.

4. DRINKING HABITS

Increased water consumption is an important sign for many conditions. A few result in a decrease. Notice whether your pet drinks more from its water bowl or tries to drink from bath water or puddles outdoors when this is not its normal habit. These important clues should not be ignored; they may be the first signs of serious health problems.

5. ELIMINATIONS

Signs of urinary tract problems which need immediate investigation are: changes in frequency of urination, the amount each time, blood in the urine, painful or difficult urination.

Diarrhea occurs frequently. It may be transient, associated with a change in food, or more severe and persistent. The presence of blood or mucous, associated vomiting, or weakness in the pet all mean the problems needs further investigation.

Most pets seem to vomit occasionally. It is not unusual for cats to vomit a fur ball or for any pet to vomit after eating grass. However, if the pet seems lethargic or depressed, or vomiting persists or contains blood, there is a more serious problem.

6. RESPIRATION

Normally there is little movement in the chest wall as a pet breathes unless it has been running, playing or is excited. Difficult or noisy breathing and rapid tiring with heavy breathing can all be signs of a respiratory condition.

7. WEIGHT CHANGES

Many animals, especially cats, can mask an illness on a day-to-day basis. With some, the only thing you may see is weight loss. Occasionally pets will show a sudden weight gain. These are signs a problem may exist. Don't ignore them. Realise, also, that an overweight animal has a problem that needs correction. Persistent obesity can lead to many other health problems that will shorten the life span of a well-loved pet.

Many medical problems are readily resolved if veterinary care is sought early but can become serious or chronic if neglected. If you have been observing your pet regularly and feel that an abnormality exists, see your vet about it. For the sake of your pet and friend, do not ignore it.



Editor's note:

As a first-time mother of an 8 yr. old cat, it occurred to me other new parents may be equally as clueless about diagnosing ill health in the Household Treasure and would welcome a helpful article.

Reading the list of things to observe was intimidating. I decided to book for a vet. examination when one of Gentian's dotting neighbours also noted he seemed to have grown very nervous. Even the noise of his can of food smacked down on the counter was startling enough to send him skittering out the back door, though food was the only reason for his arrival.

Mother felt foolish phoning to say "We're booked for 10.30 a.m. but what if he doesn't come home for breakfast?" "Oh we're quite used to that with cats" said the nice receptionist. "If he hasn't come home by 10 o'clock just call and we'll book another time."

It's interesting to learn what the vet. is checking for. Between the indignities of eyes and mouth being prised open, ears pulled, needles and thermometers being stuck in, an animal could mistake a lot of the diagnostic feeling and fur inspection for cuddling and petting.

I reported Gentian seemed to have lost weight, but that he was a very FAT cat before. Dr. declared weight satisfactory and said if he had been startled by a sudden loud noise (car back-firing, something dropping) it might take a month or two to recover from his nervousness.

For Gentian's dotting but not-too-observant mother it was reassuring to hear he is in general good health and the recent battle sores are not infected.



Tennis Unlimited

The focus of Tennis Unlimited's day camps for 8-16 yr. olds is "the building of a lifetime recreational skill" says director David Goulding.

Certified instructors give 15 hours of instruction to young people who want to learn the game or improve their skills.

Lessons include body mechanics of tennis - grips, footwork and strokes - along with proper warm-up exercises,

court conduct, basic rules and scoring.

Goulding, a False Creek resident, started this unique programme, of bringing tennis camps into neighbourhoods, in collaboration with the School Board five years ago. Camps are held throughout the Lower Mainland; this year Coquitlam and Port Moody have been added. Approximately 200 youngsters were involved last year.

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July 27 - 8:30
July 27 - 12:30
Aug. 10 - 8:30
Aug. 10 - 12:30
Aug. 17 - 8:30
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Aug. 24 - 8:30
Aug. 24 - 12:30

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From the Mailbox

The Editor:

The strength of democracy is that people, who ask for permission to represent us, can make decisions on our behalf effectively and with authority that we grant. Autocracy, on the other hand, pre-empted that authority — either by force, by secrecy or by subterfuge. By whatever form, it is premeditated; at the least rude and, at its worst, reprehensible.

And in whatever form, it should be spotlighted, not countenanced.

Last month, with considerable insistence, seven people who attended the June meeting of the False Creek School Consultative Committee meeting decided they were empowered, simply because

of the existence of this unlicensed, unregistered, unelected organisation, to represent every parent of the school in condemning the Provincial Government over its decision to legislate the *Teaching Profession Act*, Bill 20.

There was considerable debate at the SCC meeting. The result was 7 to 6, with one abstention, in favour of sending the letter to Premier Vander Zalm, with copies to the Minister of Education, local MLAs and Mr. Harcourt, Leader of the Opposition.

The politics that motivated the decision to send the letter, or which dictated its wording are beside the point. But let me offer several excerpts so you can see what was said on your behalf by this handful of individuals who

chose to wrest authority that was not granted from those who were not consulted:

"... This piece of legislation has been designed and imposed without prior consultation with teachers whom it directly and significantly affects, and without input from parents...", *"... Parents are worried that the Teaching Profession Act will damage teachers' professionalism and increase government interference in the education system..."*, *"... the working relationship of parents, teachers and administrators may be destroyed..."*, *"... We regret that a public consultative process has been by-passed."*

In short, it appears the seven

did everything they accuse the government of doing. They designed and imposed, without prior consultation with parents — whom it directly and significantly represents — a letter that is not particularly factual, provides little that is constructive and assumes a good deal. There was no prior parent consultative process, even when opponents of the letter urged that such occur.

There is no place for such behaviour by the SCC, a group formed to advise False Creek Elementary School and, at best, the Vancouver School Board, on matters involving our school. It has no mandate — indeed, it does not even have bylaws — to express an opinion to any other organisa-

tion, and it certainly has no authority to speak on behalf of anybody, particularly all parents of school children as a group, except those parents who attend any particular meeting.

I would hope the seven consider their actions more carefully in the future, and get themselves elected properly if they wish to represent more than themselves. They already know the heady delights of being autocrats. In an election, they may discover the point of democracy, and they may discover the responsibilities that are linked to the granting of such authority.

Peter Morgan, 1256 Shoreline Walk.

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EDITOR'S WATERFRONT TOWNHOUSE

Between Sept.22-Oct.30. Rent negotiable depending on period. Occupant is not required to produce the Creek newspaper in Editor's absence, but Gentian the cat will expect to be fed.

WANTED TO RENT

Apt./townhouse in False Creek area, for winter months, by retired Alberta couple, to be near married son and daughter (and grandchildren of course). Flexible about periods; can stay with son or daughter part of time. Call 574-3272(son or 929-6894 (daughter).

Ontario resident, non-smoker, would like to rent a furnished townhouse or apt. in False Creek area for the winter months, to be near her new grandson. Am willing to consider any stay of one month or longer, after Oct.15. Please call 873-1763 (daughter).

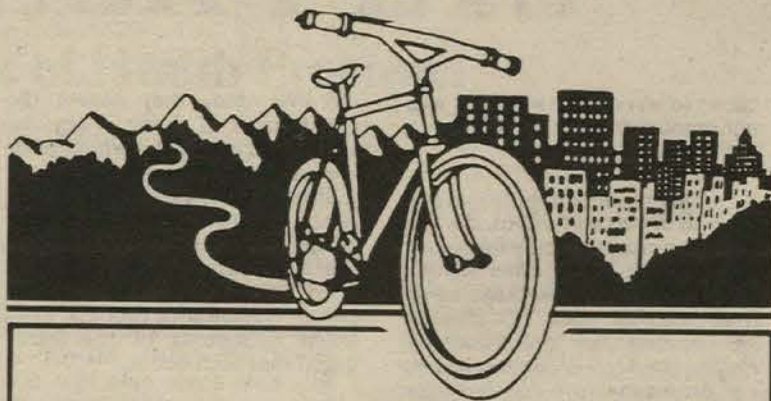
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ARIZONA HAROLD is SO happy we've found a place in False Creek for him in August. The only bad part is he desperately wants some rain whilst he's here!

If no-one called Sally to say they'd spotted her gorgeous, large, long-haired black male pet (white paws and face) it could have been because we missed out the all-important word CAT. Sorry Sally (at 736-9411). We hope he's come home on his own.

BEST RESUMÉS

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Catherine Racine

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Judging by the comments received, last month's article on the movie industry sparked a lot of reader interest. Gary Hetherington, whose company CONTACT organised the seminar (and, in response to demand, two subsequent ones) also had enough enquiries about ACTING CLASSES that he has arranged a three-session class by Director/Acting Teacher MICHAEL BERRY
Sun. July 19 — all day
Sun. July 26 — all day
Mon. July 27 — 7.00-10.30 p.m. COST: \$235
Class limited to 16.

To register: Call 421-3034

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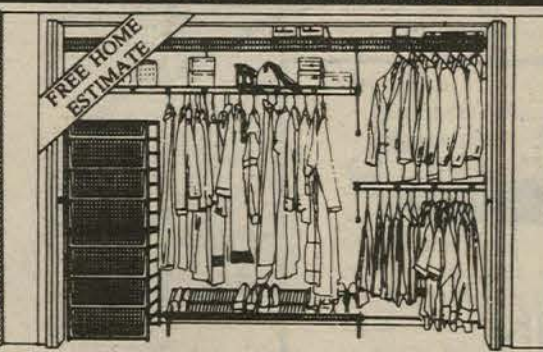
Gerry Taunton & Linda Symes of Spruce Village have been too preoccupied to write another article in their *Around the World on Bicycles* series this month.

Linda produced 7lb.12oz. daughter Ashley on July 8. CONGRATULATIONS. May you never regret it!

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Are You At Risk?



MYTH: A few beers have little effect on a swimmer or boater.

FACTS: All types of alcohol affect physical coordination and hamper the ability of a swimmer or boater.

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